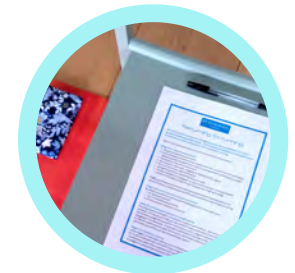
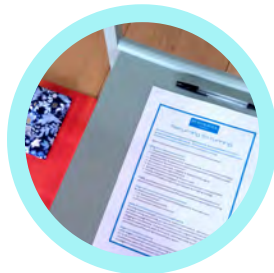


Physiotherapist-led support for physical postpartum recovery following a loss

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Physical Recovery Options to Suit You

Postpartum Information Sensitive to Loss

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Postpartum Information Sensitive to Loss

- The Postpartum Assessment after Baby Loss available in-person or virtually
- Pilates after Baby Loss classes available in-person or online
- Self paced video library content including a Pelvic Floor Workshop, The Postpartum Recovery after Baby Loss Programme and more

- Downloadable handouts on areas such as pelvic floor exercises and C-Section scar massage
- Links to evidence-based web pages about pelvic health issues relevant postpartum
- All information presented as free of triggering postnatal content as possible

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